

# UNITY

RAY WORD

IN THIS ISSUE:  
A Metaphysical View of  
the Immaculate Conception

DECEMBER. 1925

The lesson learned yesterday won today's victories.  
Tomorrow's conquests depend upon today's work.

10 cents a copy

A monthly manual of daily  
studies in Christian metaphysics

## THE SINGER OF THE STILLNESS

I am the great singer in the stillness,  
Those who listen at dawn in high  
places may hear me,  
My voice is the wind as it sweeps  
over the prairies,  
And at night when the stars sing in  
the heavens  
My song mingles with the music of  
the spheres.  
The bare oak branches in winter are  
my harp strings,  
And my words are heard in the throb-  
bing of the moon-haunted sea.  
Great things have I to tell those who  
hark to me,  
I lift them above the world, and they  
see life spread out before them,  
For I am the wisdom of the ages. I  
am the great Singer and the Still-  
ness.

—Bertha T. James.







# UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by  
UNITY SCHOOL OF CHRISTIANITY

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F. B. WHITNEY, *Editor*

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## THE TRUE CHRISTMAS SPIRIT

Those who measure not their Christmas cheer by the size of the feast or by the worth of the gift catch the true Christmas spirit. They rejoice because Christ, the Truth, has come to their consciousness and, in themselves and in all about them, they see the radiation of his joyful and glorious presence.

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# LESSON SUBJECTS

*Dec. 1 to 5, Metaphysical Treatment:*

Personal Efforts; Healing Presence; Affirming Reality; Right Vision; Christ Body.

*Dec. 7 to 12, Prayer:*

"Our Father;" The Secret Place; Conforming to God's Will; Asking and Resting; Not Supplicating; Magnetism of Prayer.

*Dec. 14 to 19, Giving:*

Withholding; Sharing Our Good; The Urge to Give; Consecration and Service; Giving and Receiving; Gift of Healing.

*Dec. 21 to 26, The Christ:*

Universal Christ; Christ Consciousness; True Messiah; Messiahship; Christ Born in Man; Demonstrating Christ.

*Dec. 28 to 31, Renewing Self:*

The Old and the New; Falsehood; Personal Prejudices; Passing Away of Personality.

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## BOOKS RECOMMENDED

CHRISTIAN HEALING (cloth).....	\$2.00
LESSONS IN TRUTH (cloth) .....	\$1.50
MISCELLANEOUS WRITINGS (cloth) .....	\$1.50

UNITY SCHOOL OF CHRISTIANITY  
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## TUESDAY, DECEMBER 1

*Word for Today: God in me is now doing his perfect work and my body shows forth his perfection.*

It is when we get beyond the point where we try to do it all ourselves, and let God do his part, that we get the desires of our hearts.—*Miscellaneous Writings.*

Failure to demonstrate is often due to tension of personal effort. One is inclined to attempt to achieve through personal might and physical strength. He seeks to work things out according to outer appearances and by external means.

When he lets go, that in him which is stronger than physical strength, mightier than personal might, becomes active. God in the midst of him is doing His perfect work. God does his part when man earnestly desires Him to do so.

Often, with but a smattering of Truth, one attempts to psychologize himself into health. He mentally tries to compel his body to manifest health. He leaves out of consideration the healing current of God life within him.

The practice of the silence causes one to relax from mental effort so that God is free to express himself in the individual.

"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, unto him be the glory."

## WEDNESDAY, DECEMBER 2

*Word for Today: God is here and now present in my mind and in my body as perfect harmony and as perfect health.*

The first move in all healing is a recognition on your part and on the part of your patient, that God is present as an all-powerful Mind, equal to the healing of every disease, no matter how bad it may appear.—*Christian Healing*.

It is most essential that one recognize that in Truth he is never separated from God but is eternally unified with him. The practitioner of metaphysical healing should emphasize this point to his patients. He should replace the belief in separation and lack with the truth that in reality God alone has presence and power.

The names of many diseases conjure up fear and the patient is inclined to think that many diseases are too difficult for Christian healing. Wipe out this belief by teaching that God is equal to the healing of any disease. Healing depends a great deal upon the patient's willingness to release from his consciousness the belief in disease. In fear, the patient hugs to himself his adverse beliefs; he seems to feel that when he releases them they will attack him more vigorously.

Even in the midst of adversity, one may know that in the absolute he is one with God; by persistently holding to this high realization one can cause Truth to manifest as health of body.

“There am I in the midst of them.”

## THURSDAY, DECEMBER 3

*Word for Today: Freed from adverse belief, I am conscious that only the presence of God can have reality and power in my body.*

Any one can do mind healing who will use the simple rules of denials and affirmations . . . this will raise the consciousness to spiritual reality, where all healing power originates.—*Christian Healing*.

Denial and affirmation play a large part in metaphysical treatment. By denial we free ourselves from adverse belief; by affirmation we become conscious of that which is absolutely true and real. This process helps us to identify ourselves with the healing presence and power of God. It helps us to know that in Truth there is no presence or power except the presence and power of God, the good.

Many patients need to be freed from the belief that disease has presence or reality. They need to see that primarily disease exists only in their consciousness and that it has no place in that high consciousness which recognizes only spiritual reality.

We must recognize the presence and the reality of God in order to feel his healing power. To the degree that our consciousness is adulterated with beliefs in other presences and powers, to that extent do we diminish our receptivity of healing power.

“Whatsoever thou shalt loose on earth shall be loosed in heaven.”

## FRIDAY, DECEMBER 4

*Word for Today: Looking away from disease, I behold the healing life of God now active in my body.*

No matter how sick or weak or inefficient you seem to be, take your eyes and thoughts right off the seeming, and turn them within to the central Fountain there.—*Lessons in Truth*.

Our physical characteristics are like the mental vision that we have of ourselves. To hold the picture of oneself as weak or sick causes weakness or disease to manifest physically. Many invalids bind themselves to disease because they are unconsciously treating themselves for disease. They continue to visualize weakness and sickness, to affirm them, and to manifest them in their bodies. They demonstrate disease as the product of belief in disease.

The solution is to refuse to think or to countenance disease and to think and to see the absolute truth about oneself. In the spiritual ideal, man is the perfection of God; the healing life of God fills and heals his body. This healing life could flow through man for a long time and still man would be without health, if he continued to refuse to recognize it.

Disease symptoms are but clues to what one has thought and visualized as himself. Health indicates that one has caught the vision of his bodily wholeness.

“Look unto me, and be ye saved.”

## SATURDAY, DECEMBER 5

*Word for Today: My body is renewed, recharged, and revitalized with the presence and the life of Christ.*

New life will radiate through pain, sickness, sores, all diseases . . . and your body will show forth the perfect life of Christ.—*Miscellaneous Writings.*

The presence and the life of Christ annihilate belief in a presence of pain and disease. Christ heals the sick when Truth comes to consciousness.

When one contacts Christ within, the very light of Spirit shines through the mists of disease, and the Christ body appears in place of the body of pain and disease; the change of consciousness has made the change from disease to health.

The only way to renew, recharge, and revitalize the body is first to let the process take place in mind. When the truth of man's perfection renews his mind it externalizes as physical perfection.

In order to renew mind and body, one must be willing to give up all old, crystallized ideas. He must cease to look upon himself as old. He must think youth and life; he must see them embodied in himself. He must become the personification of new life.

It is part of the healer's work to free his patients from the belief in age and from the tendency to hold to things of the past.

“Christ also is . . . the saviour of the body.”

## SUNDAY, DECEMBER 6

*Word for Today: In all situations I am led and inspired by the wisdom and the judgment of God.*

The ability of the mind to arrive at quick and right conclusions can be cultivated by clearing up the understanding and acknowledging the one supreme Mind in which is all discrimination.—*Christian Healing*.

The International Sunday School lesson for today shows Paul among the panic-stricken sailors of the Alexandrian wheat ship. We see this preacher rise to the occasion and give practical advice in the time of emergency. Paul's keen discrimination did not fail him at the time of crisis and he was able to advise rightly and to inspire the men of the vessel.

One's mettle does not show itself when things are going smoothly and without interruption. In time of emergency and crisis one can best show his ability to stand quietly and to realize the inspiration and the wisdom of God; in such a time he is tempted to enter the whirl of confusion. The real demonstrator is the one who can demonstrate good more quickly than evil is demonstrated.

When there are many adverse minds and many dissenting voices it is a great comfort to be able to stand still and to acknowledge the one supreme Mind.

*"In all thy ways acknowledge him,  
And he will direct thy paths."*

## MONDAY, DECEMBER 7

*Word for Today: Turning within, I behold God, my Father, and he acclaims me his son.*

Our Father which art in heaven [the everywhere present inner harmony], hallowed be thy name [wholeness manifests thy character].—*Christian Healing*.

Prayer is the spiritual realization that makes man conscious of his unity with the Father. It causes man to feel that there is no separation between him and God. It makes man realize the fatherhood of God and man's divine sonship.

The Father in man is that in him which is his wisdom and his protection. To the child, the father is all that is stalwart, rugged, fearless, and courageous. He thinks of his father as mighty to overthrow every challenger. He turns to his father for advice and for instruction.

The student of practical Christianity thinks of God, the Father, as infinitely more than the ideal which the child makes of his physical father. The divinity within man has none of the limitations that the child finally discovers in his father.

When one realizes the true character of God he sees that He cannot be confined to corporeality or to the limitations of the physical.

“Your Father knoweth what things ye have need of, before ye ask him. After this manner therefore pray ye: Our Father who art in heaven.”

## TUESDAY, DECEMBER 8

*Word for Today: In the innermost depths of my being I contact God, the source of my life and my power.*

It is a secret place because it is the place of meeting between the Christ, at the center of your being, and your consciousness.—*Lessons in Truth.*

Where does one find God? Where is the secret place of the Most High? Where does one become consciously interrelated to God? These questions should interest every man, for the answer is the solution to all his problems.

Going into the secret place is a matter of turning away from things as they appear and turning toward the great within. In the depths of his consciousness man contacts the very source of his being. There he finds that which in expression becomes his life and his power.

One who looks without for God must necessarily be incomplete and unsatisfied. He acknowledges a lack of the very thing that he should be conscious of having within himself. He should know that God within him is so closely interrelated with him that there can be no line of division between them.

The secret place is one that belongs strictly to the individual and one that no outsider can find or molest.

**"He that dwelleth in the secret place of the Most High  
Shall abide under the shadow of the Almighty."**

## WEDNESDAY, DECEMBER 9

*Word for Today: Giving up all selfish desire, I realize and express the perfect will of God in all my affairs.*

It should not be inferred that the will of Divine Mind is to be set aside in prayer; we are to pray that the will of God enter into us and become a moving factor in our lives.—*Christian Healing*.

Through prayer, personal desire and personal will give place to the will of God. Many people believe that adversities in their lives are brought upon them by God's will. Their idea of prayer is that it is a means of freeing them from the malicious will of God. The truth is that these negative conditions are brought about by their own personal wills. Such people need freedom from personal desire and personal will and they need to know God's will.

The will of God expressed in the individual always brings him peace and health. In his affairs it causes order, justice, and prosperity to appear. When man is conscious of divine will, his mind, body, and affairs express naught but good.

We can see that prayer does not change or dispense with the will of God. Prayer changes the will of man and brings him into the attitude in which he can lay hold of the higher will.

God's will could not be disorder, disease, and lack.

"The will of the Lord be done."

## THURSDAY, DECEMBER 10

*Word for Today: I rest in supreme faith in God, inviting his full expression in my mind, my body, and my affairs.*

Ask not, then, when or how or why. That implies doubt. Only "rest in the Lord, and wait patiently for him."—*Miscellaneous Writings*.

Asking God is a matter of putting oneself in such an attitude as to invite God to express himself. The attitude is not one of questioning but one of assurance. It is based upon the knowledge that God expresses his unlimited blessings through man.

Asking in prayer must be positive. It must not take into consideration such a disposition as is shown when a subject asks a monarch for something. In Truth, man is the king; God is the cause of his kingliness.

Asking according to Truth can never be met with a refusal. Many a man prays a prayer with his lips when he cannot sanction it with his heart.

Resting in faith in God causes one to attract good to himself. Doubt repels good but faith attracts it. We can see that faith in God opens the way for the answer to prayer.

When we ask in the consciousness of understanding and faith, we can easily rest. We feel assured that all that we desire will come to pass. We feel that there is no power to deny us that which is for our highest good.

"Ask in faith, nothing doubting."

## FRIDAY, DECEMBER 11

*Word for Today: Rising to the majesty of my divine sonship, I joyfully expect and thankfully receive all that the Father has.*

Instead of a supplication, prayer should be a jubilant thanksgiving.—*Christian Healing*.

The worm-of-the-dust attitude is not the attitude of the practical Christian. When man belittles himself he belittles God. He cannot debase himself without lowering his consciousness of his divinity.

Man's obligation is not to plead, to beseech, or to supplicate. He needs to realize spiritual truth. He needs to know that in Truth all that he desires is already his and coming into manifestation.

Prayer is a majestic act because through it man rises to a higher sense of himself and to a closer realization of his oneness with God. When man prays, he aspires.

Prayer involves expectancy to the degree in which the individual gives thanks that he has already received. When praying aright he does not wonder when or how his good will manifest; he knows with the wisdom of God that it is coming right into expression.

By prayer man is exalted and glorified because he has realized the glory of his spiritual self. His exaltation increases with his every realization of more and more of his oneness with God.

"All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them."

## SATURDAY, DECEMBER 12

*Word for Today: By prayerful communion with God I draw to myself all of God, all of good.*

Prayer is cumulative . . . it accumulates everything necessary to man's highest expression.  
—*Christian Healing*.

Prayer becomes the channel through which rush to man the most bountiful blessings of God. The prayerful attitude is one that attracts. It should be optimistic in order to be magnetic.

When despondency and fear are reflected in prayer they tend to hinder and to repel that which should be attracted through love and faith. The gloomy attitude sets up a barrier which shuts out every possibility of answer to prayer.

Prayer attracts good to one because through it he draws closer to God. Communing with God through prayer brings one in contact with all of good. True prayer is almost identical with spiritual realization.

If one seems to attract very little good to himself, he should draw nearer to God. Spiritual consciousness is like a magnet, but unlike the latter it has power to select that which it attracts.

Prayer helps one to develop joy, love, harmony, and all the positive qualities and elements that draw only good. These are but manifestations of God.

"Draw nigh to God, and he will draw nigh to you."

## SUNDAY, DECEMBER 13

*Word for Today: In the inner depths of my consciousness, the truth of Christ is revealed to me.*

Books and lectures are good, teachers are good, until you learn by the hearing of the ear that Christ, the Son of God, lives in you; that he within you is your light and life and all.—*Lessons in Truth.*

When Paul was under guard in Rome, the Jews came to learn of his teachings. These Jews evidently were learned in the philosophies of their race, but were seeking further truth. They were seeking and hoping to find some book or some teacher from whom they could obtain the truth.

One never finds any book or any person who can give him the truth that he can find within himself. Each one has perceived in the ideal some measure of truth. To follow up this ideal will cause him to perceive more and more of it.

Christ, the source of all light, is within man. When one turns to the Christ light he faces away from the darkness of ignorance. He no longer depends upon external means for his wisdom and understanding.

Learned rabbis and priests must eventually turn their backs on the dogmas of the intellect and go within to the true fount of wisdom. They must give up traditions, legends, and manmade theology.

“Hear ye indeed, but understand not; and see ye indeed, but perceive not.”

## MONDAY, DECEMBER 14

*Word for Today: I do not believe in suppression, stagnation, or congestion. I am an open channel to receive and to dispense the good that comes to me.*

We cannot afford to withhold from giving our time, our intellect, our love, our money, to whosoever needs, for the law is that withholding makes poorer.—*Miscellaneous Writings*.

Giving relieves tension and the tendency to grasp and to hold fast. When one is engaged in hugging to himself whatever good comes to him, he prevents himself from receiving more good. He is so concerned in protecting his small store that he denies himself the larger blessings.

By withholding one shows that he does not understand and apply the law. He should recognize that withholding indicates the limited vision and that giving is indicative of the broader outlook. Giving indicates that one understands and has faith in the law of supply.

Suppression is the opposite of expression, which is a giving vent to the working of God within one. To suppress is to impede the welling up of vital forces.

Stagnation is a cessation of activity; stagnation of mind precludes the introduction of new ideas because the consciousness is closed to all that is fresh and stimulating.

“The righteous giveth and withholdeth not.”

## TUESDAY, DECEMBER 15

Word for Today: *Gladly and willingly I share my good with my fellow man.*

It is he that withholds who is impoverished thereby, not he from whom anything is withheld.  
—*Miscellaneous Writings.*

To share good not only helps the one who receives it, but such action helps the giver in developing consciousness. It is not given man to rob another by withholding from him, but the individual injures himself by withholding what he should share.

By sharing our good we help to eradicate the race tendency to stinginess and selfishness. Our sharing with others causes us to recognize the unity of all men; this thought breaks down self-circumscription.

The spontaneous giver, the one who gives gladly and willingly right from the heart, receives a blessing far more valuable than the gift that he has bestowed.

Many people have lifted themselves right out of negation by becoming good givers. They have lost sight of self and of limitation by taking the broader outlook upon life and by sharing their good.

To withhold one's gifts from others makes one withdraw from the great family of humanity; to share is to gain a welcome place in the center of the great family group. Many unpopular people have discovered that unselfish giving will attract friends to them. By giving one loses self in service.

"The liberal soul shall be made fat."

## WEDNESDAY, DECEMBER 16

*Word for Today: I obey the divine urge to give lovingly and generously.*

Whence . . . comes this desire to give? . . . it is the voice of the giver of all good gifts crying out through you. It is God's desire to give through you.—*Miscellaneous Writings*.

God, working in us, desires expression through us. We are urged to give to others lovingly and generously. We should give in the same way that we idealize God as giving—unstintingly, unreservedly. We should think of the thought to give as a thought from God, knowing that our giving is governed by wisdom and love.

When man is urged to give to another, he should free his thought of all sense of personal responsibility, knowing that God works in and through him. He should put personality aside and just let the love and generosity of God have full expression.

The impulse to give has back of it some thought. One should see that the thought is high and noble. If one is moved by a holy thought to give, he may be sure that his giving carries with it a blessing.

The urge to give may have back of it an idea entirely different from what is ordinarily thought of as a gift. Possibly you are called upon to give another a higher sense of himself by lifting him to a higher consciousness. Possibly your part is to love him, to praise him, and to inspire him.

“What I have, that give I thee.”

## THURSDAY, DECEMBER 17

*Word for Today: I consecrate my hands to the work of the Master and all that I perform is well done.*

Your hand is God's hand. My hand is God's hand. Our Father reaches out through these, *His only hands*, to give His gifts.—*Miscellaneous Writings*.

When one gives himself and his work to the Master, all that he does is governed by higher consciousness. He becomes a channel for Spirit. His hands execute spiritual directions. His service is but the service of the Master, serving his fellow men.

Those who dedicate and consecrate themselves to higher service give in the name and through the power of Jesus Christ. They give themselves to others and in that way give themselves to Christ.

When our hands are consecrated, they do not take part in any dealing that is dishonest, unclean, or questionable. When the mind and the heart are filled with the desire to give and to bless, the work of the hands will be of like character.

When one is consecrated to the Master's work, it is quite easy for him to give and to serve.

If you wish to give to some one and do not quite know what the gift should be, just realize that God gives through you. At the proper time, the gift will appear.

“Ye have heard of the dispensation of that grace of God which has given me to you-ward.”

## FRIDAY, DECEMBER 18

*Word for Today: The divine law of giving and receiving equalizes all my affairs, and I give and receive bountifully.*

God is forever giving, giving, giving, with no thought of return. Love always thinks of giving, never of receiving. God's giving is the spontaneous outflow of perfect love.—*Miscellaneous Writings*.

There is a definite law of giving and receiving. It is based upon a consciousness of truth and of love. The same law that operates in divine giving and receiving works for man. When man learns to give divinely he will receive supremely and abundantly.

Perfect giving does not concern itself about receiving; it simply works according to divine law, knowing that there will always be a supply for the demand. When one gives from Spirit, he may be assured of always having plenty from which to give.

There need be no anxiety about receiving when one has the spiritual consciousness of giving. One simply knows that he gives from an inexhaustible store. He knows that he is abundantly supplied with whatever he is called upon to give.

Enlarging the channel for giving also increases the capacity to receive. The good giver should receive in good measure. He must receive in order to give. He must keep the channels open to receive and be just as willing to receive as he is ready to give.

“Give, and it shall be given unto you.”

## SATURDAY, DECEMBER 19

*Word for Today: The Christ in me gives you freedom and health. Through Jesus Christ you are free and whole.*

Power to heal is a divine gift, and as such you are fully justified in seeking it.—*Lessons in Truth.*

The Christian metaphysician has power through his Christ consciousness to heal and to bless. The Christ in him speaks to the soul of another and inspires it to freedom and to health. The healing does not come through personal efforts; it is a divine work.

Today, remember those who need freedom and health. Repeat their names, then declare the freeing and healing word. Aim to rise to the consciousness that they are freed from all limitations and disease.

Know that the Christ in man today is just as powerful in its healing work as it was when Jesus healed through the Christ in him. The greatest gift that Jesus gave to man was the understanding of Christ within. Through this gift comes the gift of health.

Through the divine in you, you give another health when you inspire him to turn from disease to the Christ truth.

“For to one is given through the Spirit the word of wisdom . . . and to another gifts of healings, in the one Spirit.”

## SUNDAY, DECEMBER 20

*Word for Today: My consciousness of God as my deliverer rescues me from every adverse situation and I abide in his presence of peace and joy.*

The "bringing it to pass" is the work of . . . a Presence . . . which will always rush to our rescue when we trust it.—*Miscellaneous Writings.*

When one finds himself in an adverse situation, he may be comforted by knowing that his deliverance is at hand. Since his plight is the result of his adverse consciousness, by his high consciousness of truth will come his deliverance.

What has seemed an evil obsession will be transformed through the truth into a spiritual presence, a consciousness of mastery and dominion. The belief that one is mastered by adversity will be transformed into the realization that one is master himself and that all things are subordinate to him.

Confusion and sorrow give way to peace and joy when spiritual consciousness becomes active. The presence of spiritual truth in consciousness causes peace and joy to be omnipresent.

Paul fought a good fight and kept the faith. His loyalty to the cause strengthened his consciousness of the Lord as his deliverer and savior. If we are loyal to the truth, we can look to it to free and to deliver us.

"The Lord will deliver me from every evil work, and will save me unto his heavenly kingdom."

## MONDAY, DECEMBER 21

*Word for Today: To all men everywhere  
I proclaim the universal Christ, the Messiah  
of Truth.*

The Krishna of the Hindu is the same as the Christos of the Greeks, the same as the Messiah of the Hebrews.—*Christian Healing*.

Christians should not feel that the Christ is a personal possession of certain religious sects. Christ is universal and is as much the savior of the Chinese, the Greeks, and the Hindus as he is the Christians' savior. Every race and every religion has its ideal man, its god. In essence these saviors or gods are much the same; however, racial differences often influence the people to give their gods personal characteristics which make a difference in them.

Christ became identified with Jesus and we are inclined to think of Jesus as all of Christ. We are inclined to think that a universal savior has confined his works to a favored few. Many Christians have not heard of or studied the sacred writings of the East.

Our proclaiming the truth of the universal Christ helps us to unify ourselves with all people. It causes us to lose the tendency to be self-centered and the disposition to look upon people of the far East as beneath us in spiritual advancement.

Our sharing Christ with all men makes us see how universally truth can be utilized and applied.

*"One is your master, even the Christ."*

## TUESDAY, DECEMBER 22

*Word for Today: The Christ mind, spiritual consciousness, is now active in me and I am unified with God.*

The spiritual consciousness, or Christ mind, was quickened in him [Jesus], and through it he realized his relation to First Cause.—*Christian Healing*.

Christ in us is our consciousness of spiritual truth. Through this understanding we become like Christ; we become unified with the Father. By studying the Bible we see that Jesus often turned to the Christ consciousness; in fact, we are led to think that most of the time he was dwelling in the higher truth.

Through spiritual consciousness we contact the Christ. By this process we make union with God. Christ is the way and the way-shower. Man knows both the Son and the Father solely by his own spiritual-mindedness.

When one is awakened to a consciousness of Christ in himself, he beholds himself as the son of God. He begins to see himself as Jesus saw himself and his fellow men.

The Christ consciousness is that which identifies us with God. It is the spark of divinity within us. It is our means of thinking Godward and of beholding God in ourselves. It is that by which we rise above the sordid things of earth and ascend into the truth of spiritual heaven.

“Have this mind in you, which was also in Christ Jesus.”

## WEDNESDAY, DECEMBER 23

*Word for Today: Understanding God, I see in Jesus Christ, the Messiah, God's idea of himself.*

The Hebrews had been told . . . that a Messiah, or Christ man, would be born in their midst, but when he came they did not recognize him because of their lack of understanding.—*Christian Healing*.

The Hebrews, lacking understanding of the true character of God, found Jesus unlike what they were expecting the Messiah to be. They thought of God as a cruel, relentless, revengeful God. They expected his messenger to be of the same character. The gentle ways of Jesus did not coincide with their mental picture of God's son.

In Jesus, God became manifest; the Christ of God came into visible manifestation; the gentle, holy, spiritual nature of God became visible as a son like the Father. Jesus evolved into such a high state of consciousness that those who were not spiritually minded felt called upon to deny his Messiahship.

This incident has a lesson in it for us. Do those who, in their religious experiences, have been seeking Truth always recognize it when it comes to them? Or have they built up such a limited concept and such a personal idea of Truth that they deny it when it is presented?

“We have found the Messiah (which is . . . Christ).”

## THURSDAY, DECEMBER 24

*Word for Today: All people everywhere expect and welcome Christ, the Messiah. Christ, the Truth, has now come to my consciousness.*

The idea of a personal Messiah has been raised to include Messiahship for all . . . all who will dwell in the fadeless, immanent Light, the Christ of God.—*Christian Healing*.

The Messiah is universal and all people everywhere may claim him as their own. Truth is likewise universal and not confined to any race or to any sect.

The children of light, those who have been quickened by Spirit, know Truth. They long to see it everywhere manifest and to see all things take on its character.

When we look for Christ we open the way for his advent; we prepare ourselves for his birth in our consciousness; our whole thought is centered upon receptivity of the spiritual presence that has power to regenerate us and to give us character like itself.

Today millions of people are looking forward to Christmas. To some it will be but a holiday and a time for feasting. Others will catch the true spirit of Christmas. Many will be lifted just a little closer to the Messiah.

“I know that Messiah cometh (he that is called Christ): when he is come, he will declare unto us all things.”

## FRIDAY, DECEMBER 25

Word for Today: *Christ, the Son of God, is this day born in me.*

Bestir yourself; the Christ of God is born in you, and the hour of your reign is at hand!—*Christian Healing.*

On every hand we hear and see evidences of Christmas. While many celebrate the birth of Jesus, let us celebrate the coming of Christ to individual consciousness. Let us be merry because the Christ child in our consciousness comes forth in manifestation as the consummation of our highest ideals.

Merry Christmas! Merry indeed is he who from consciousness of Christ within celebrates the true Christmas. Youth and joy come forth!

Merry Christmas! When we hear this word of cheer let us know that Christ in us is being saluted and honored. Let us with Jesus rejoice that we have brought forth the Christ. Let us rejoice that God has manifested light and perfection in our minds and in our bodies.

Merry Christmas! From the very depths of consciousness we sing: "Glory to God in the highest, and on earth peace among men." The birth and presence of the Christ has indeed glorified us with his radiant splendor and dazzling glory.

Merry Christmas! To all people everywhere, to all friends and students of Unity Daily Word, we say, "Merry Christmas!"

"Christ be formed in you."

## SATURDAY, DECEMBER 26

*Word for Today: Christ in me now comes into manifestation as my perfect health.*

The Christ man, or perfect idea of God mind, is now being expressed and demonstrated by men and women as never before in the history of the race.  
—*Christian Healing*.

Christ in us means very little to us unless we manifest and demonstrate it in all our affairs. We live in a time when people demand a practical religion. Unless they are happier and healthier as a result of their religious experiences, they will have little to do with religion. The day is past when one can point to himself as a Christian and, at the same time, be unhappy and diseased. Practical Christianity does not work in that way.

Christianity will never gain followers if its exponents are examples of pessimism and unhealthiness. The unhappy and diseased person is a walking advertisement for unchristian thoughts and tendencies. On his face and in his body he portrays his negative and unchristian mental tendency. He shows that he has not accepted God as his life and his health.

Demonstrate the Christ! Let the high ideal of holiness and perfection have visible manifestation in the body. Give the Christ a body—your own body—and see your body Christianized and spiritualized.

"When Christ, *who is our life*, shall be manifested, then shall ye also with him be manifested in glory."

## SUNDAY, DECEMBER 27

*Word for Today: True to the heavenly vision, I rest in the harmony and the peace of God.*

If you are obedient to the Spirit you will not suffer these burdens to be loaded upon you. . . . do your highest duty every day; forget the past and let the future take care of itself.—*Christian Healing*.

When we can justify our thoughts and our actions by knowing that we are true to what we have conceived as spiritual truth, we rest in the confident assurance of God's eternal peace; we have no thoughts to rise and accuse us of falling short of our ideal; conscience is satisfied and at rest.

There are no regrets and remorse for those who think and live according to the Truth of God. Those who are true to the heavenly vision can have no visions of failure and disappointment. They see the picture of God's heavenly world and find themselves in the picture.

There are no burdens, no worries, no looking backward, no straining ahead for those who know how to rest after having put themselves in God's keeping. The peace of God is the compensation for having performed according to God's will. It is the peace that comes just as rest comes well earned after a day of loving service.

“Being therefore justified by faith, we have peace with God.”

## MONDAY, DECEMBER 28

*Word for Today: Denying from my consciousness all thoughts of age and of limitation, I am receptive to the positive, the new, and the good.*

Denial is a putting away the mental error, and an entering into conscious relaxation of both mind and body.—*Christian Healing*.

Denial is a process of washing away the thoughts in consciousness that are negative and limited. It is a means of purifying and refining the consciousness. It makes us mentally receptive to that which is desirable and good. It makes us drop limitation from consciousness and center our thought upon the positive and true. In metaphysics a thing is true only if it measures up to the high truth of the absolute.

In the church, conversion is recognized as a time when one turns away from sin and turns to Christ. The process is primarily mental, since it is in mind that sin is denied and spiritual truth is accepted.

The "old man" that we deny is the consciousness made up of old and crystallized thoughts. Age is especially at the base of it. It is a state of consciousness engaged particularly in looking backward and downward. It is antagonistic to the new vision.

Denial is effective as a cleansing agency but is useful solely as an adjunct to affirmation.

"Put away, as concerning your former manner of life, the old man, that waxeth corrupt after the lusts of deceit."

## TUESDAY, DECEMBER 29

*Word for Today: Falsehood and deceit have no place in my thought. I am loyal and true to all people.*

A time comes, however, when Judas must be eliminated from consciousness. The agony of mind and the final crucifixion of Jesus represent the crossing out wholly of the false ego, Judas.  
—*Christian Healing*.

Judas symbolizes to us all that is characteristic of falsehood and deceit. Judas is that which would betray and deny, that which would refuse allegiance to the truth.

A man who is loyal to his friends is always loved. Not for silver or gold would he denounce or betray them. The wealth of the material world cannot turn him away from the joy of possessing friends.

At the close of the old year, let us pledge loyalty, faith, allegiance, and fidelity to all that is good and worthy of our help. Let us sever connections with all that God would have us leave behind. Let us be always ready to help and to boost another's good work.

Falsehood has no part in the life of the practical Christian, since his god is the very antithesis of the false. When we seek Truth, and hope to demonstrate it, we cannot give our thought or our vision to that which is false.

Deceit and all its machinations must be denied.  
"Let no man deceive himself."

## WEDNESDAY, DECEMBER 30

*Word for Today: The spirit of personal prejudice finds no response in me. I am filled with the spirit of love and of good will.*

Dismiss all prejudices based upon the mixed perception; make your mind receptive to the clearer understanding.—*Christian Healing*.

A tendency to judge another by one's past impressions of him is prejudice. The disposition to see another today in the light of yesterday is prejudice. An unwillingness to see a change of consciousness in another is prejudice. Prejudice comes from a desire to attempt to hold one back even though he is moving forward.

If one does not have the spirit of prejudice in his consciousness, he will not find others prejudiced against him. He will not have the negative state of mind which attracts negation to itself.

First of all, one should dissolve from his mind the belief that another's prejudice can in any way affect or retard him. He should be concerned not with another's feeling toward him but with his own beliefs. We are not affected by another's limited thinking but by our belief that he limits us. Another's prejudice does not limit us; when we realize the truth in our own consciousness we are not concerned with what people think or what they do.

Wipe prejudice from the consciousness.

"To have respect of persons in judgment is not good."

## THURSDAY, DECEMBER 31

*Word for Today: I am willing to give up all limited and personal ideas and to be renewed in mind, in body, and in soul by the renewing Spirit of God.*

The "I" that dies daily is personal consciousness, formed of fear, ignorance, disease, the lust for material possessions, pride, anger, and the legion of demons that cluster about the personal ego.—*Christian Healing*.

Now is the accepted time, today is the day, right at hand is the hour for us to give up all the old ideas that we have allowed to come to our consciousness during the past year. Let no pet ideas, no secret sins, no personal limitations remain. Discard all that limits and all that retards.

Tomorrow we begin again. The new year has many promises, many joys, and many happy surprises for us. But—they must have room. When they come to us let us not be found harboring fear, disease, hate, anger, or any of the old personal ideas that usurp the place that we should give to other things.

Let the old mortal consciousness die! Let Christ rise phoenix-like from the ashes of the mortal.

If you will empty all mortal thought from consciousness, you will be assured of

**A HAPPY, HEALTHY, AND PROSPEROUS NEW YEAR.**

"As in Adam all die, so also in Christ shall all be made alive."

## IMMACULATE CONCEPTION

**T**HE TERM, "immaculate conception," in its theological significance, refers to the belief that Mary, the mother of Jesus, was conceived without original sin. In 1854 this doctrine was made an article of faith in the Roman church. The subject is not a weighty one with all church people. However, it is often confused with the birth of Jesus, which at times is the subject of heated argument among Bible students.

Neither the conception of Jesus nor that of his mother should seriously concern the practical Christian. The question as to whether Jesus had one parent or two does not seem to affect the birth, life, or well-being of other people. Adam had neither father nor mother and yet we do not think of him as a man holier than Jesus or other men. The lives of Christians are not affected by the manner in which Mary and Jesus were conceived. The life of any great person helps us only as it gives us high teachings that we can apply or great deeds that we can emulate.

However, we should not take the attitude of disbelieving the stories of the immaculate conception and the virgin birth because these seem impossible. Many things that seem miraculous and impossible to the young student of Truth clear up when he gets an understanding of higher laws and principles.

It would seem that the ideal teacher or savior should have a birth and problems similar to those of the persons whom he would serve and redeem.

We somehow like to think of Jesus as so closely related to us in his own experiences that his life in all its phases is an ideal and a pattern for our own.

Quite often, the Fundamentalists and the Modernists handle this question in an attitude that is far from a Christian one. Practical Christians feel inclined to turn away from arguments involving such theological questions as the immaculate conception and the virgin birth and ask: "Why not lay all these aside and just try to live the life of the Master?" Thomas à Kempis, viewing the inclination of Christians to war among themselves over teachings of the church, said: "What advantage is it to dispute profoundly about the doctrine of the Trinity, if by your lack of humility you are all the while displeasing the Trinity? Surely sublime language does not render a man holy and just; but a virtuous life makes him dear to God."

Leaving the theological interpretation of "immaculate conception" to those interested in its external interpretation, let us see what it means according to its inner significance, as that is what chiefly concerns the Christian metaphysician.

Concepts and conceptions are primarily mental. Even the physiological process of maternal conception relates back to that of conceiving psychologically. The physical conception and the physical birth of the child have their counterpart in the mental conception and the mental birth of the idea.

It is said that Mary was chosen as the vehicle for Jesus' birth because she was pure minded. Her

mental power to conceive purely recommended her for the office of conceiving him who was destined to be Master.

To conceive is to grasp something as a notion. We conceive today the civilization of future generations. We grasp the possibilities of advancement, even though as yet all the details remain unrevealed. However, this mental process evolves and through it we have vision and revelation. Chaucer thought of conceiving as a process of perception and visualization.

That which is immaculate and virgin is pure and undefiled by stain, blemish, flaw, or fault. Applied to mental conceiving, it refers to pure and spiritual concepts. If one would give birth to or manifest perfect Christ life and health, he must first have the pure and immaculate conception of life and health. In no wise must this be adulterated by the intrusion of external things or thoughts of sense.

One must have clearly in mind what he wants to see manifest. Unless he visualizes in a clean-cut fashion his manifestation will be far from immaculate. If adversity impregnates his mind, the idea resting in the matrix of his consciousness will be adulterated and robbed of its immaculate and virginal qualities.

In a mystic sense the immaculate conception and the virgin birth teach us the lesson of spiritualizing our ideas, of keeping them undefiled while we carry them in consciousness. The perfection of the Christ child is but the counterpart of what we can conceive mentally and spiritually through right-mindedness.



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UNITY DAILY WORD

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THE BEST NEW YEAR'S PRESENT:

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FOR ANY OCCASION:

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YOU 365 TIMES DURING THE YEAR.

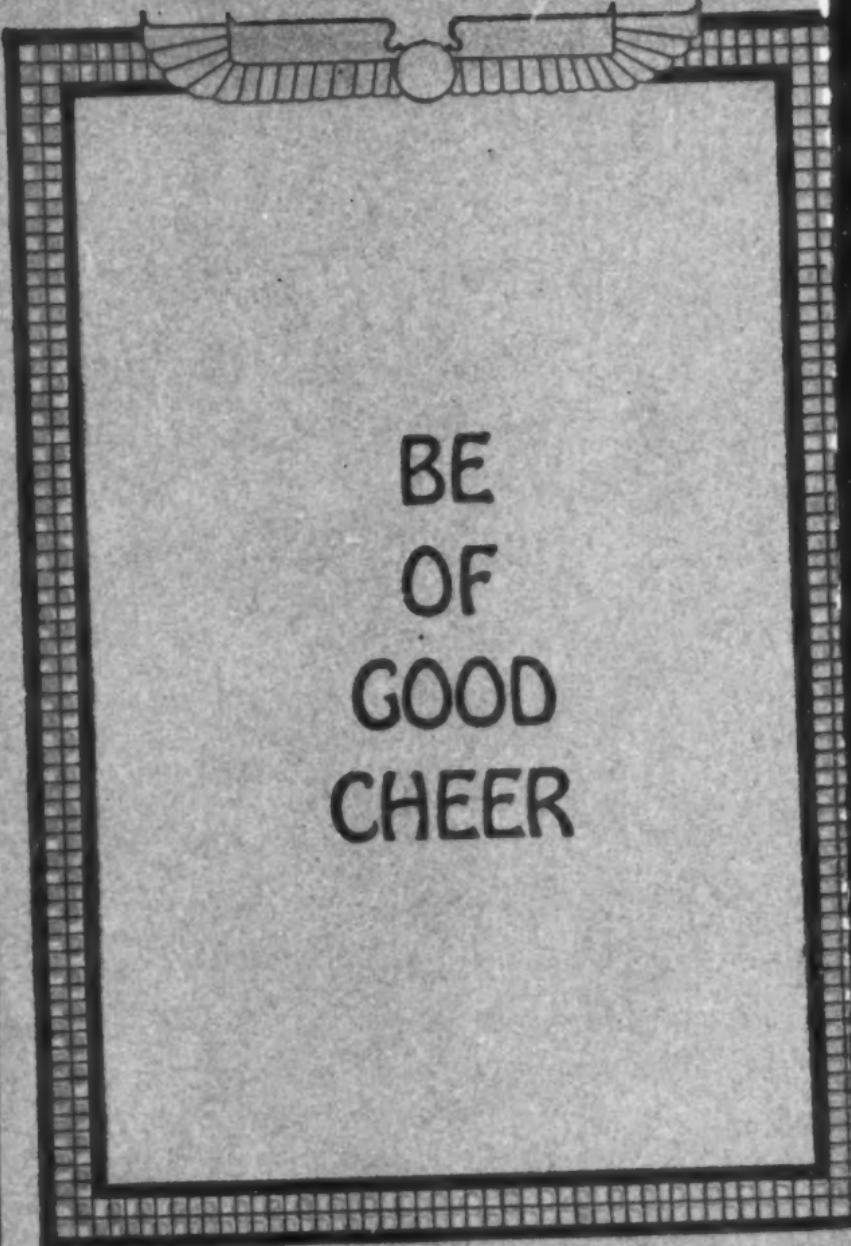
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